

## **Premier Martial Arts 1<sup>st</sup> Quarter News 2024**

**MEMBERS MONTH:** To show appreciation to our valued members, we have invested in **10** virtual training seminars for all of our students to take part in this January. This is a \$5,000 value **FREE** to our members. These special workshops are taught by some of the top martial artists in the world and consist of weapons training (Bo, Kama and sword) and physical training (sparring, stretching, kicking and more!). To take advantage of this invaluable opportunity visit our members' only Facebook page or our website [www.JamesCoxMartialArts.com](http://www.JamesCoxMartialArts.com) for more details.

**STRIPE TEST EVALUATIONS:** Usually, the third Wednesday OR Thursday of each month is stripe testing. The purpose is to screen everyone once a month to make certain that students are progressing on schedule and understand the curriculum. Our 1<sup>st</sup> quarter stripe tests will take place in classes on: **January 24<sup>th</sup>/25<sup>th</sup>, February 21<sup>st</sup>/22<sup>nd</sup>, and March 13<sup>th</sup>/14<sup>th</sup>**. Students that successfully pass will earn the appropriate stripes. After earning 3 stripes on one or both belt sides, we will have a belt graduation ceremony where students will receive their new belts and certificates (the Spring graduation show is on March 22<sup>nd</sup>).

**BELT GRADUATIONS:** Premier's Belt Graduations are an opportunity to celebrate student growth and give them a chance to show off skills that they have been developing in class. The next graduation is Friday, **March 22<sup>nd</sup>** at the Dodge Jones Sports Center, (1042 Loop 322, building by the Zoo) from 6:30 – 8:00pm. Students must be there by 6:15 pm to line up and should be ready to perform and enjoy the celebration! Students should dress in full program uniform (no shorts) and ***MUST*** have the \$59 registration fee paid ***BEFORE*** the registration deadline date (March 1<sup>st</sup>)! Students who do not register on time will have to pay the additional \$10 late fee and risk not having the proper belt and certificate ready at graduation. Register online **NOW** at: ***www.JamesCoxMartialArts.com*** (log in and go to the dashboard, sign up and see graduation and register, with student's name, current and next belt color and size). Our 3-4-year-old Tiny Champs will also need to be registered online and will graduate during their regular class times on **March 27<sup>th</sup>/28<sup>th</sup>**.

***\*All Red 3's have a separate registration fee of \$79\****

**WHITE BELT BUDDY BASH / PARENT ORIENTATION:** This is an orientation for all white belt students ages 5 – 12 years old. Students and parents from either location are invited to attend and are encouraged to bring friends! We will have pizza, a short/fun class, and discuss details regarding our programs, as well as answer all questions about things to come. These events usually take place on the last Friday of the month. Our next three orientations are on **January 26th, February 23<sup>rd</sup>, and March 29<sup>th</sup>** from 6:00 – 7pm at our Wylie location.

**SIDEKICKS PARENTS SUPPORT MEETING:** The Sidekicks Team is a PTA support group for our martial arts schools. We need like-minded volunteers who want to impact our community and enhance our special events. Speak with our office manager, Vanessa Russell, at 325-676-2696 if you are interested in joining the team or come to any of our upcoming Sidekicks support meetings on **January 13<sup>th</sup> (Wylie), February 10<sup>th</sup> (14<sup>th</sup>), or March 2<sup>nd</sup> (Wylie)** at 1:00pm at alternating locations.

**PARENTS NIGHT OUT PARTIES:** Our Parents' Night Out Parties take place at alternating locations and have their own exciting themes to look forward to. Our next three parties are "Superhero" on **Friday, January 12<sup>th</sup>** at our Wylie location, "Valentines Party" on **Friday, February 9<sup>th</sup>** at our S. 14<sup>th</sup> location, and "Egg Hunt" on **Friday, March 15<sup>th</sup>** at our Wylie location. These events run from 6:30-10:30pm and are for children ages 5 and up. We encourage students to invite friends and family members, while parents enjoy a night out knowing their kids are in the safest place in Abilene. The sign-up fee is only \$40 per child or for groups of two children or more, just \$25 each. This covers pizza, refreshments, games, and tons of FUN! Sign up at the front counter *TODAY* or online at [www.JamesCoxMartialArts.com](http://www.JamesCoxMartialArts.com).

**COMPETITION FIGHT TEAM TRAINING:** Improve your MMA skills with the best of the best, join our prestigious Fight Team to become eligible for competitions in kickboxing, jiu-jitsu, pankration (new safer MMA for youth and teens), or adult MMA. For anyone ages 8 and older and are current students in Black Belt or Premier Training. Classes are at the new fight gym next to our S. 14<sup>th</sup> PMA location (see staff for class schedule). You will be

grandfathered in as a founding member for the life of the program at a one-time total cost of only \$599. (Contact G.M. Cox, 325-439-0182).

**INTERSCHOOL TOURNAMENT:** It is time! We are so excited for our fun, competitive, light-contact, inter-school tournament. Who is this special event for? *EVERY* member of both locations! Our inter-school tournament is a *MUST* for all ages and belt ranks! Our staff and students have all worked long and hard to accept the challenge, have fun, and learn some valuable life lessons ... DO NOT MISS OUT! Our 2024 Interschool Tournament will take place on **March 9<sup>th</sup>** at the Dodge Jones Sport Center. As a special treat, Grand Master James Cox will also be hosting youth MMA/Pankration fights at the same time! Keep an eye out for more details as the event date approaches!

**FOLLOW OUR NEW 'MEMBERS ONLY' FACEBOOK PAGE:** We invite members from both of our Abilene PMA locations to connect, share victories and challenges, follow our upcoming events, and help promote a culture of personal growth. Please keep it positive and be ACTIVE! We encourage members to ask questions, share their stories, and contribute anything that could help another team member. Find our new page by scanning the QR CODE below:



**SHOW YOUR PMA SCHOOL SPIRIT:** We have *FREE* auto decals located at the front counter for you to put on your vehicles and represent the best martial arts school in town! We love seeing our stickers all around Abilene, so get yours on and show your support. It is your official “Parking Pass” ... put it on or else your vehicle will be towed away, just kidding! but still get it on today! *THANK YOU* for your support!

*From,*

*Grand Master James Cox and Your Team at Premier Martial Arts*

**Get in Touch!**

(325)439-0182



gmjamescox@gmail.com